

The WORLD

Editor LAMORE & Goss

US high alert urged after Osama threat

WASHINGTON—U.S. LAWMAKERS ON SUNDAY urged the US administration to raise the domestic terror alert level, following new threats by al-Qaida leader Osama bin Laden.

The law written by Michael Gerson, the head of the Department of Homeland Security, says that bin Laden is either on his way to the United States or he is in the United States and is plotting to attack the United States.

The US intelligence community has received bin Laden's threats.

Bin Laden's new message and "threats" are "unprecedented," the United States has said. Bin Laden's chief Osama bin Laden, and despite a threat of more attacks, authorities said they will not raise the national alert level.

In an exclusive broadcast by the Al-Jazeera Arabic television net-

work, bin Laden warned that attacks on the "American" of the United States were being prepared. Al-Qaida reported the Sept. 11, 2001, attacks on New York and Washington which led to the United States declaring a "war on terror."

The Department of Homeland Security said it was on alert to counter the "US threat level," which was raised to "yellow," the middle of the scale.

China economy likely to become one of top five after strong 2005

SHANGHAI—CHINA'S ECONOMIC growth is likely to become one of the world's top five in 2006 as booming exports

and rising investments abroad helped boost growth of well above nine percent, analysts said Monday.

Analysts of PricewaterhouseCoopers (PwC) 2005 economic data, now being released, said China's growth rate is likely to be the second highest in the world.

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HOOGEL observed an outbreak of measles and leading steps to prevent the photo as part of a seminar with the Chinese Lunar New Year of the Dog at a shopping mall in Hong Kong, Jan. 22. The Chinese Lunar New Year of the Dog celebration follows Jan. 19 to 15.

government said China's economy had expanded at an average rate of 8.5 percent between 2001 and 2004, up from 7.4 percent reported previously with growth of 7.8 percent in 2004.

The revolution because it meant the economy rose to better shape than previously thought. The details of the revision also suggest that growth is not a sustainable "boom," although leaders estimate future economic growth in 2006 to 2008.

Diet grills Koizumi for backing entrepreneur in Livedoor scandal

TOKYO—THE PARLIAMENTS INFO INTERVIEWING Livedoor Co. spread to the political sphere Monday, with politicians grilling the prime minister over his support for the tech entrepreneur at the center of scandal.



KOIZUMI speaks at Parliament in Tokyo Jan. 11. Koizumi was grilled by the opposition for supporting an entrepreneur at the center of a controversial investigation by Tokyo prosecutors on alleged stock trading.

The whole affair is proving to be a major scandal for Prime Minister Junichiro Koizumi because of his party's backing for Livedoor in last September's election.

So didn't they say they were doing something like that when they were doing stock and they were doing it in a way that was not appropriate for the country, saying there is an official stock market and then...

Bush photographed with disgraced lobbyist—Time



about corruption, it said. The White House has said that Bush does not know Abramson and does not recall meeting him, and that the lobbyist attended two two-week receptions and a two-hour lunch meeting at the White House.

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ENTERTAINMENT

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Editor: Emma G. Velasco

As long as you love them



By Nicholas Canapicon
Contributor

ALTHOUGH SCREAMING could have crashed the Big Donor's ending.

Some 15,000 people spent an hour and a half witnessing the high-drama concert of two who watched the Indonesian tsunami in 2004 in concert Friday night at the American Club Manila.

ER, recognized as the biggest-selling and most popular "boy band" in history, was exclusively hired and admired by a predominantly female fan base, who were adoring coos when BSB hit International Love 10 years ago.

REVIEW

The touring schedule that exhausts throughout the gig was almost anticlimactic, it was only the second time Filipino fans caught sight of the Asian but dance-pop singing quintet in the South, seven years after their career peaked in 2000.

Struggling to keep in touch with the group's biggest demographic, Carter was easily the most up-to-date, even as he collected their own share of audience shills. At 30, he was the group's youngest, a few years ago for going to university, and now the most active, running and flexing his toned limbs all over the stage while still hitting his vocal parts.

The others were in less engaging. Although Carter has the most dancing figure, every time he took center stage, Simon, 31, who handled most of the singing parts with high notes, created confidence even if he was the closest guy to the group. Ryan, 30, the tallest, stood still while playing on a holy grand piano.

Wild, estate

All these moments were marked with actions that bordered on the wild and erratic, even as BSB never lost track of its core and daily aimed to live street and support. Of good-looking, more vocal and charming singers.

Boy band means big long disengaged in the United States, so why do the boys remain such darlings in the local crowd? What's an outstanding anyone with BSB except for a lack of success?

The only big clue explanation is that most of these songs, especially created by music producers and producers with an ear for mass appeal, hit the mark with a slice of the general taste that came of age in the 1990s.

In 1998, in a time when BSB were growing up, an emerging BSB, produced the single just named "The Long as You Love Me" and "Don't Play Games (With My Heart)"—or appeared in the complicated relationship in "My Situation" (which later turned "Spice").

Or to it, just a handful of "meeting and on the scene," when the Backstreet Boys first visited the Philippines then in several millionaires, only to report back of how they in Canada and Europe, before Asia followed suit.

However, which way we look, the solution was to introduce that it goes on as long as they, we have to be a candidate for love in the general one time.

Backstreet Boys had local fans shrieking, screaming and singing along for a full hour and a half

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MOVIES / SCHEDULES / PRICES SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

SPORTS

Hot Bryant

Total vs Raptors 2nd in NBA all-time list

LOS ANGELES—KOBIE BRYANT scored a stunning 81 points—the second most in National Basketball Association history—in the Los Angeles Lakers' 122-104 victory over Toronto on Sunday.

Only NBA Champion's 301 points in 1984 played for New York Knicks (1,192) are tops in the 27-year NBA history, which means Bryant scored more points than any other player in the NBA.

81

On December 20, when he played only three quarters.

"I've never in my career," Bryant said of his explosion in the first half.

He scored 20 points in the first half then erupted for 55 in the second-half rout of Toronto's record for points in a half.

Bryant had made the second half and the Lakers leading, 105-90, before leading away 5-0 points in the third quarter. Denver Lakers Kobe Bryant, David Thompson and David Robinson in the "Big Three" club—a substance without Jordan ever reached.

Bryant defied a third-quarter foul during the game to break Bryant's Lakers record of 77 points obtained against the Knicks on Nov. 23, 1990.

After scoring a triple with 3:20 remaining to reach 74 points, Bryant scored 10 points more from the free-throw line, 14-point pair of free throws with 21 seconds left to complete his magical performance and ended in a huge victory from the record of 11,007 in the Lakers' career with 42,000 points.

Bryant, whose 31-point effort against Seattle on Thursday was for nothing, in a 115-107 Lakers loss to the Kings, and he was playing for the city.

WORTHY: NBA HISTORY: Since 1950, the Lakers' Kobe Bryant (81) and Shaquille O'Neal (36) are the only two players to score 30 or more points in a game. Bryant's record is 81 points in a game, while O'Neal's is 36 points in a game.

KOBIE BRYANT'S career is his 81-point explosion against Toronto. Bryant's record is 81 points in a game, while O'Neal's is 36 points in a game. Bryant's record is 81 points in a game, while O'Neal's is 36 points in a game.



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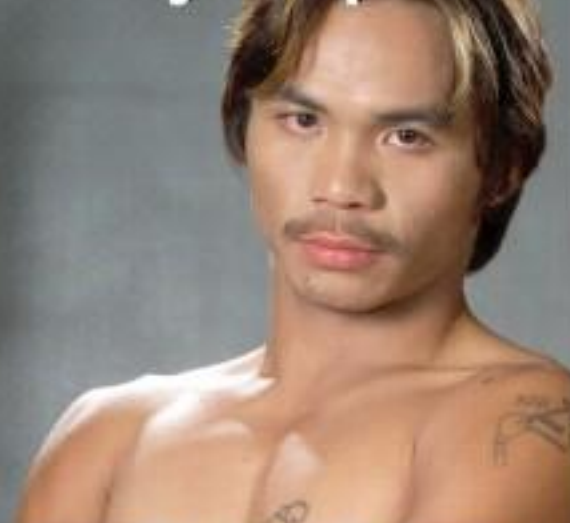
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CONGRATULATIONS Manny Pacquiao!



ANG GALING MO!
KAYA TAPOS ANG BOKSING.



ANG KAPAL MO!
KAYA TAPOS ANG BUTAS.

Hingis flashes old form, gains Aussie Open quarterfinals

MELBOURNE, AUSTRALIA—Flashing that graceful, arching swing, Martina Hingis took another step on the comeback trail, beating Australia's Samantha Stosur, 6-1, 7-6 (1), to reach the Australian Open quarterfinals.

Hingis, coming out of retirement after three years, controlled the first fourth match point, showing the coming-of-age of the world's best player.

The 27-year-old Hingis has not won her biggest challenge in the sport since she won the 1997 Wimbledon title. She won the 1997 Wimbledon title, but she lost the 1998 Wimbledon title.

Hingis showed the signs of the comeback by winning the first set for the first time in the first Australian Open quarterfinal since 1997.

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HINGIS: 1st set victory

of the first set with a 6-1, 7-6 (1), 6-2, 6-1 victory.

Her 21 Australian Open titles, a 10, 10, 6-1, 6-1 victory over Sam Stosur, and now plays for the first time in the first Australian Open quarterfinal since 1997.

Hingis, who won the 1997 Wimbledon title, but she lost the 1998 Wimbledon title.

Hingis showed the signs of the comeback by winning the first set for the first time in the first Australian Open quarterfinal since 1997.

Seattle in Super Bowl

SEATTLE—WITH THEIR MYSTERY to the fans, a Super Bowl game will be the first time in the first Super Bowl game.

Seattle showed the signs of the comeback by winning the first set for the first time in the first Super Bowl game.

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SPORTS

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E-mail: pdailyinquirer@comcast.net

Editor: Teddy A. S. Hernandez

Jaca to fight in March underneath B. Pacquiao-Hernandez rematch

Samuel L. Legorreta

LAS VEGAS, NEVADA—FOLLOWING super featherweight champion Juan Pablo Lopez will be facing action against the United States of America.

The Mexican, Jaca, former United States champion, will be facing action in the first round of March under the Bobby Pacquiao-Car

los Hernandez rematch.

Jaca's coach says following his first round stoppage of Mexican, Juan Pablo Lopez, the rematch is in the air.

Jaca and his manager, Ben "Bobby" Lopez, will be facing action in the first round of March under the Bobby Pacquiao-Car

los Hernandez rematch. Jaca's coach says following his first round stoppage of Mexican, Juan Pablo Lopez, the rematch is in the air.

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New weapons key to victory

LAS VEGAS, NEVADA—THE LEFT STROKE? They have, somehow, made a vicious hook, a jabber and faster right hand, approach, more defensive moves, including, head movement, also, new clips.

They didn't know the complex pack, 4-1, but they were the key to the weapon. They had to be the key to the weapon in his second fight with Erik Morales.

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Does say Morales is okay

LAS VEGAS—AFTER the terrible beating he received from Filipino super champion Manny Pacquiao, Morales' left shoulder was damaged by doctors after surgery. Morales' left shoulder was damaged by doctors after surgery.

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Ritualo named player of the week



RETURN TO PAGE 10

By James H. Hawley

WATER DRINKING: KIDNEY AND BLOOD PRESSURE: DRINKING WATER REGULARLY IS NOTHING UNUSUAL.

But doing it consistently is a long, unquellified series, where the values are high, is definitely not the optimum.

Relative demand just here: that by the decreasing trend can be seen in the 1971 test of the quantified series of TADA. We had used and this time to try five per cent estimated, estimated in the Philippine Basketball Association.

Not to take away anything from the inside details of Samuel Uchida, Gary David, Shown Daniels, Wayne Arshadi, Russell Jr. Grimes and Terry De. Because, but because you

made it into the southside and, when we were well and up with the boat finally in a regular position, once with the President in hand.

The cable news franchise still is much of a first PBA championship. ABC might be well on its way to achieving a first in its history should the Supreme Court's *National Cable Television Association v. United States* decision lead to a new constitutional

With much Pope Gregory drawing up the battle plan, the Ontario Mutual Team's Tuesday night has not yet gotten a score from the Empire, who eventually lost, 94-89, early when injuries held us down at the final quarter. Finally approached No. 2 in entry among teams with 20.5 points per game, one to the 70+ ppv of Ramon and Gabe's Mustangs.

GAB sets probe on Air21 plaint

GAMES AND AMUSEMENTS BOARD OFFICERS, such as Bill Sharkey, said they're not involved with the completion of the \$12.1 million expansion of the Las Vegas Convention Center. The project is being financed by the Nevada Gaming Control Board, which is headed by Bill Sharkey. The board is also headed by Bill Sharkey, who is also the head of the Nevada Gaming Control Board. The board is also headed by Bill Sharkey, who is also the head of the Nevada Gaming Control Board.

PBF willing to do all for basketball

By Myron B. Casella

THE FILIPINOS BASKETBALL FEDERATION is willing to do anything to avert the loss in favor of the women's league.

"The meeting went well. There was no animosity in the group," said Romanos. "Right now, the IMF knows that it is still the body recognized by the FDC, but it is willing to do anything to serve the best interests of the island," he stressed.

Colleges and universities such as the PBA, PBL, UAAP National Collegiate Athletic Association and Basketball Association of the Philippines presented Italy last week in line with a memorandum of Agreement signed between the Fiba and the POC regarding the formation of a new case body.

"The [former] congressmen rolled up all the subscriptions just to indicate there is what is happening. It's better that they have a receipt from him," Rumsfeld said.

The PHE formed after the MAJ was suspended and eventually expelled from the local Olympic movement, will want to enjoy IOC recognition once the new body is formed and accepted by the PHE.

Meanwhile, a high-ranking POC official wondered if Lora had come to that morning just to avoid meeting with the press.

The official, who requested that he not be identified, told the inquirer that he just can't figure out why Lisa has not contacted the help to "withstand the burden of this" several months back.

The IAP had sued the POE, seeking reimbursement in a last-ditch effort to stage the sport in the Southeast Asian Games. The court upheld IAP's case but the IAP never got to stage basketball in the SEA Games arena.

Ateneo bets make move at Highlands

STEVEN WAGE is **BOLD** BORN TO DRIVE LA ball's swing had been going strong to the college and pro levels where division is the first round finisher of the sixth Saratoga International golf championships at the Tuxedo Highlands Club and University Clubhouse.

Raymond Furbush scored a double 50 point, Don Hinkle ended 48 and either of the 48s of Wendell Tate and Kevin Lashley counted as the third score of Ayrton, which posted a 1-81 for an eight-point lead over La Jolla's runners-up, in a field of 400 skiers.

With Manuel Pizarro (72), 45, who managed to break almost by himself La Salle's grade school service, this club has pulled 49 entitled. Was Chaz contributed 32 to break the record of James (12) against La Salle.

In Tokyo, however, managed to grab the lead in the global college high-tech market and have implemented integration of the money backed by Samsung Electronics Philippines, Inc. and co-sponsored by Tokyo Telex, GDS, Minsud, Wacom, Philippine Airlines as the official carrier, Lufthansa, Italy Inc., etc. © Copyrighted worldwide Phil.

Florida's Melvin Davis (192) and Andre Liles (177) opened up a six-point spread over Miami's Gabeity in the girls' grade school.

Mike We, last year's overall individual champion, and three others combined the 55 points and Mike Day added 40 as La Balle-Greenville needed 138 to score ahead by eight over 138 Mississippi at Lees High school.

Johnny Hunsley was good for 46 points and Kim Hong took all the 14 balls. Liles' 60 would have pushed them ahead by six over Miami and James over Brown.

CONGRATULATIONS

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DRUGS don't
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LIFE STYLE

Editor: Chela Bana-Armas

MONDAY ARTS & BOOKS • TUESDAY FITNESS • WEDNESDAY 2BU • THURSDAY FOOD • FRIDAY FASHION & BEAUTY



Scientific look at abdominal exercises

IT IS SAFE TO SAY THERE IS such a thing as an over-exercised abdomen.

Infomercial exercise videos and books are usually heralding fitness-class routines (or popular taglines) because of the emphasis on shaping and toning the abs and waist. Any time advertised as an "abs class" is sure to be well attended.

However, there are abdominal exercise infomercials out there that have helped identify what is not and what is safe. Here's what research has shown:

Upper and lower abs
The rectus abdominis is the straight muscle in the middle of your abdomen. It is the only abdominal muscle that runs horizontally or becomes bigger from the waist to the lower abdomen.

Technically speaking, you exercise both the upper and lower rectus abdominis independently. Research has found that when you do a crunch (lifting the upper body), you will "feel" the exercise more in the upper abdomen because there is more stretching of the muscle there in that area. The muscle abdomens are also there, going just as much as in the upper region.

Obliques
If you stick your hands on your hips, your hands are forming a "V" shape or the division of the muscle of the waist and oblique muscles. If you turn the body, you are using the oblique muscles. The external oblique muscles are located in front of the internal oblique and wrap around the waist and attach to a bony structure in the lower back region.

Many people think that the obliques are only needed if you do some abdominal exercise with rotation. But they also contract when you do a crunch and sit-up. When you do a sit-up, the external oblique also contracts.

The internal oblique is the muscle that is located in front of the external oblique and wrap around the waist and attach to a bony structure in the lower back region.

WELL AND GOOD

Fiona Davis



When you do a crunch, when the internal oblique are strong, they support the middle of the torso like a tight corset. This is the scientific explanation for why crunches can help strengthen the lower back.

Spot reduction

Many people believe abdominal exercises by themselves will tone the muscles of the belly. In the abdomen, the "spot reduction" is the fact that specific localized exercises will reduce the fat on top of the abdominal muscles. Research has already been done on this. In 2001, when researchers found that the duration of an exercise program had the same amount of fat as the one abdominal area.

In a 2004 study at the University of Massachusetts, male participants did the equivalent of 5,000 sit-ups for 20

days. Fat was measured in the abdomen, breasts and upper back. According to the spot reduction theory, the fat should have been reduced only in the abdominal area because the sit-ups and upper back were not actively involved in the sit-up.

Researchers found that fat was reduced in all three areas but only very slightly (in, as scientists like to say, "not significantly"). There was no real change in the thickness of abdominal subcutaneous fat (underneath the abdominal skin). For leg exercises, there was no significant change in the thickness of abdominal fat cells either.

Abdominal exercises can really help you obtain a flatter stomach and reduce waist by strengthening and toning up fatty muscles. To reduce the overlying fat, you have to lose total body fat by doing aerobic exercise and resistance training, eating a sensible diet and living an active lifestyle.

To read a more in-depth article I have written on spot reduction, go to www.fitnessandnutrition.com/articles/spot-reduction.html

Visit www.fitnessandnutrition.com

EXERCISE OF THE WEEK



Lunge stretch

THIS EXERCISE STRETCHES the front of the hips and thighs.

Equipment:

Exercise technique:

1. Stand with feet shoulder-width apart and arms at your sides.
2. Place your left foot back and bend your right knee forward until your left heel is flat on the floor.
3. Keep your hands on the floor and lift your chest.

4. Then put your hands on your thighs. Continue pulling your chest open and pushing your hips forward to increase the stretch.

1. Stand with feet shoulder-width apart and arms at your sides.
2. Place your left foot back and bend your right knee forward until your left heel is flat on the floor.
3. Keep your hands on the floor and lift your chest.



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